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ABSTRACT

The 2-part student workbook for mainstreamed learning and mentally disabled high school students contains 12 units intended to provide supplementary instruction in the Contemporary Parenting Choices Curriculum in the home economics class. This unit, the fourth in the Relationships part of the workbook, focuses on understanding the married and single life styles and includes individual lessons on why people choose to marry or remain single, why some people who were married become single again, and what living situation choices single people make. Each lesson typically provides lesson objectives, definitions of key vocabulary terms, workbook activities, a brief discussion of the topic, and a review activity. The material is intended to be used with the special Teachers Guide and the other components of the Contemporary Parenting Choices Curriculum. (DB)

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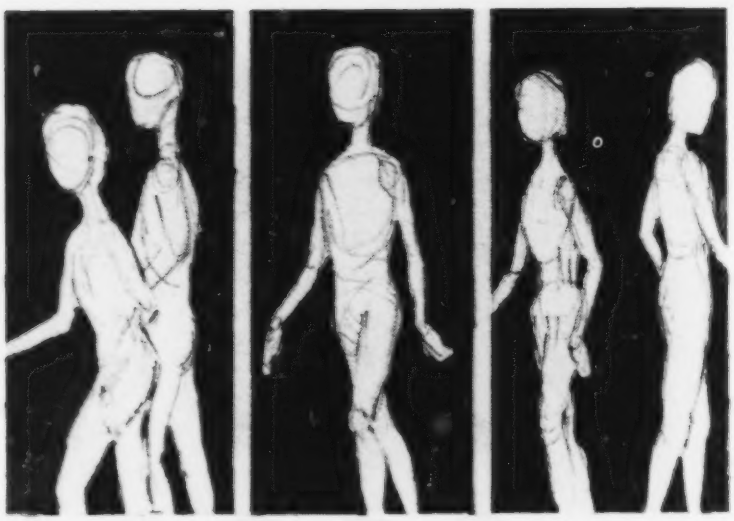
Parent Education Workbook for Mainstreamed Students

PART I / **RELATIONSHIPS**



contemporary parenting choices lessons

UNIT 4

understanding life styles

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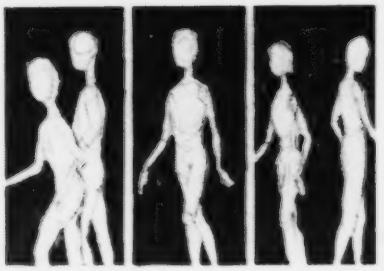


Lesson 1

WHY DO PEOPLE CHOOSE TO MARRY OR REMAIN SINGLE?

This lesson will help you to:

1. List reasons why people might or might not marry.
2. List reasons why you might choose to marry or remain single.

DO YOU KNOW THESE WORDS?

---

handicaps - problems with the way a person's body works
intimate - very close feelings or contact
life style - the way you live

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

handicaps _____

_____

intimate _____

_____

life style _____

_____

****

WHAT AFFECTS YOUR CHOICE TO MARRY?

There are many life styles from which you can choose. One choice to make when deciding on a life style is whether to marry or remain single. The most common practice in our society has been to marry. Not all people should be married. Not all people want to be married. Some people choose to marry and some choose to remain single. Either choice is OK. It is up to you to make that choice.

Your choice about marriage may be affected by many things. The kind of marriage your parents or other adults around you have may help you decide. If the people you know have good marriages, you may want to marry and have a relationship like theirs. If the people you know have problems in their marriages, it might have an effect on your choice. Your religion and your needs and wants may help you decide whether or not to marry. Also, your values will help you to make this decision.

WHY DO PEOPLE MARRY?

****

ACTIVITY

What are some reasons why people choose to marry? List three reasons you think people choose to marry:

1._____

2._____

3._____

****

There are many reasons people choose to marry. Some of these reasons are:

---

*love
*companionship
*happiness
*intimate sexual relationship
*parenthood

Love is a common reason for a couple to choose to marry. Couples might marry because they like to be together and share interests. Being happy together is another common reason to marry. Some people have never had an intimate relationship with another person. Part of this intimacy is a satisfying sexual relationship. Marriage can fill this need for them. The desire to become parents can affect the choice to marry.

Some of the reasons people choose to marry may cause problems later in their marriage. Some of these reasons are:

---

*spite
*pity
*loneliness
*escape from home
*pregnancy
*pressure from peers or parents
*habit
*sexual attraction

People who marry for spite are trying to "get even" with someone. This can lead to problems in the marriage. Pity, or feeling sorry for someone, is another reason to marry that can lead to problems. Choosing to marry because of loneliness or fear of being single forever is not a good reason to marry. Some people marry to escape from their home life. Others

marry because of an unplanned pregnancy. They feel forced to marry. Sometimes parents or peers pressure a couple to marry. Some couples marry because they have been dating a long time. Their relationship has become a habit. They may feel that others expect them to marry. Others marry because of a strong physical attraction for each other.

Most people have more than one reason for getting married. One or some of their reasons might cause problems in the marriage. Other reasons might be good reasons. For example, a couple might have an unplanned pregnancy. They might also be in love and enjoy being together. They might be looking foward to being parents. They have a good chance of having a good marriage. Couples need to think about all of their reasons for marriage.

****

ACTIVITY

Look at the reasons for choosing to marry that you listed on page two of this lesson. Do you think the three reasons you listed are good or poor reasons to marry?

Reason	Good	Poor
1._____	____	____
2._____	____	____
3._____	____	____

If a couple had all three reasons for marrying, do you think they would have a good marriage? Do you think they would have problems in their marriage? Tell why.

_____

_____

****

WHY DO PEOPLE REMAIN SINGLE?

****

ACTIVITY

What are some reasons why people choose to remain single? List three reasons you think people might choose to remain single.

1. _____

2. _____

3. _____

****

There are many reasons people might choose to remain single. Sometimes people are free to make this choice on their own. Sometimes things that are hard to control help make the choice for them. Some of the reasons people remain single are:

---

*personal choice
*enjoying the freedom of being single
*independence
*privacy
*career
*family responsibilities
*health problems
*not finding the right person
*not being asked

Some people choose to remain single because they like being single. They have their own lives and activities to keep them busy. They enjoy their freedom and independence. They like the privacy of their single life style.

Some people have jobs and careers that are important to them. They enjoy the time they spend working. The job may take up a lot of their time. They may have to be away from home a lot. They may choose not to marry because of their job.

Sometimes people have to care for others in their own families. It is hard for them to marry while they have this responsibility. For example, Sue is 19. Her mother has been sick for 2 years. The doctor says she will not get well. She cannot take care of herself.

Bob has asked Sue to marry him. Sue feels that she can't marry Bob. She is needed at home to care for her mother.

Some health problems or other handicaps might affect a person's choice to marry.

Some people may have been hurt by someone they loved. The one they wanted to marry may have died. Others may remain single because they fell in love with someone who was already married. Some people are not able to find someone that they want to marry. Others may never have had a close relationship with another person. They were never asked to marry. They may never have asked someone to marry them.

****

ACTIVITY

There are many reasons listed in the paragraphs above that might help a person to decide to remain single. Check the three reasons you think are most important.

_____ personal choice
_____ freedom
_____ independence
_____ privacy
_____ career
_____ family responsibilities
_____ health problems
_____ not finding the right person
_____ not being asked

****

****

ACTIVITY

Now think about yourself. What are some reasons you might choose to marry? What are some reasons you might choose to remain single? List these reasons below:

Reasons why I might choose to marry:

1. _____

2. _____

3. _____

Reasons why I might choose to remain single:

1. _____

2. _____

3. _____

****

KEY IDEAS

PEOPLE CAN CHOOSE WHETHER TO MARRY OR REMAIN SINGLE.

PEOPLE MAY MARRY FOR LOVE, COMPANIONSHIP, HAPPINESS, SEXUAL RELATIONSHIPS OR PARENTHOOD.

PEOPLE MAY REMAIN SINGLE BECAUSE OF PERSONAL, FAMILY OR HEALTH REASONS.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. People may remain single if they want to share their life with someone.

T F 2. The choice to marry or remain single is up to each person.

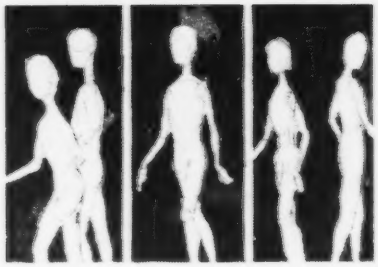
T F 3. A marriage is more likely to be good when people marry for love.

T F 4. The choice to marry or remain single depends on what a person's friends do.

T F 5. People may remain single if they like freedom and independence.

T F 6. A marriage is more likely to be good when people marry for money.

****



Lesson 2

WHY ARE SOME PEOPLE WHO WERE MARRIED SINGLE AGAIN?

This lesson will help you to:

1. Explain why people who have been married may be single again.
2. Describe feelings people might have when they become single again.
3. List some problems people might have who are single again.

DO YOU KNOW THESE WORDS?

---

divorce - legal ending of a marriage
legal - based on the law
professionals - people trained for a certain career
separation - a married couple not living together
spouse - a husband or wife

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

divorce _____

_____

legal _____

_____

professionals _____

_____

separation _____

_____

spouse _____

_____

****

WHY DO SOME PEOPLE BECOME SINGLE AGAIN?

Sometimes people who were married become single again. Some people choose to return to a single life style. They may get a divorce from their spouse. Others are single again because their spouse has died. Some married couples may be separated from each other for a long time. This may be because of their jobs or for other reasons. Some ways married people may become single again are:

---

*divorce
*death
*legal separation
*temporary separation

Divorce

A divorce is a legal ending of a marriage. Divorce laws are different in each state. Marriage brings changes in life styles. Divorces often happen because the couple does not adjust well to these changes. Divorces are most common in the early years of marriage. Most adjustments are needed at that time. Divorces can happen anytime in a marriage.

There are many causes of divorce. Couples who do not understand or accept each other find it hard to have a good marriage. If they don't adjust to each other, they may end the marriage with a divorce. After a person is divorced, he or she can legally marry someone else or remain single.

Death

Death is another way a marriage might end. Most people think of death as something that happens only to older people. It can happen at any age. Sometimes the death of a spouse is sudden, such as a death from an accident. At other times, the death is more expected. It may result from a serious illness.

Separation

Separation of a married couple can happen for many reasons. It may be a permanent separation or it may be temporary. It may be a separation that the couple chooses, or one over which they have no control. A married couple may be separated by the demands of a job or career. For example, a truck driver or flight attendant may be away from home for days at a time. Men or women in the military may be away from home for long periods of time. Most of these are temporary separations.

Some married couples may decide to live apart for a while before getting a divorce. They may try to decide if divorce is the choice they want to make. If the couple has a judge sign a paper that says they are separated, this is called a legal separation. A legal separation helps protect each one's rights. It means that neither one is responsible for the other's bills. This kind of separation may be permanent. The person cannot marry anyone else unless he or she gets a divorce.

****

ACTIVITY

What are the ways people may become single again? List them below. Tell one important fact about each.

Ways people may become single	Important fact
1.	
2.	
3.	
4.	

****

WHAT FEELINGS DO PEOPLE HAVE WHEN THEY BECOME SINGLE AGAIN?

There are many feelings people have when their marriages have ended. They may have the same feelings whether their marriage ended by divorce or death. People who are separated may have these feelings.

They may feel sad or depressed about what has happened. Some people feel guilty or blame themselves for what happened. Others feel angry because their spouse has left them alone. Loneliness and self-pity are other feelings people might have. Other people may feel that nothing really matters to them anymore.

These feelings may cause physical problems for some people. People who have been divorced or whose spouses have died often feel very tired. They may not be able to sleep well. They may not feel like eating.

Children in the family might have some of these same feelings. Some children blame themselves for their parents' divorce. Children are not the cause of the end of a marriage. They might feel angry at a parent for leaving them. Children might feel this way if a parent died or left home because of a divorce or separation.

If a marriage has had many problems, the couple and their children may feel relief when the marriage ends. Ending a troubled marriage with a divorce or legal separation can help relieve the tension.

****

ACTIVITY

What are some of the feelings people might have when their marriage has ended? List five of these feelings below:

1._____

2._____

3._____

4._____

5._____

****

WHAT PROBLEMS MAY RESULT FROM BEING SINGLE AGAIN?

Being single again can cause many problems and changes. Everyone involved will have to adjust to the changes. Decisions once made as a couple now have to be made by each person. Sometimes people need to find different

places to live. Each person will have different responsibilities and things to do. Both may need to learn new ways to manage their homes and money. They may have to find different jobs or other sources of income.

Children of divorced parents may have a different relationship with their parents. The children may have trouble adjusting to the changes in their lives. They may have to move to a new home. They may have to go to a new school. Children may not understand why their parents got a divorce.

****

ACTIVITY

What are three problems people might have if their marriages have ended? List them below.

1. _____

2. _____

3. _____

****

The end of a marriage usually upsets the people it affects. Friends, family members and professionals can help a person get through this difficult time. A person can make a better adjustment to a new single life style by:

---

*facing and accepting what has happened
*trying to understand and deal with feelings
*accepting different responsibilities and making needed changes in order to go on with life as a single person

---

****

ACTIVITY

Read about Greg and Linda.

Greg and Linda went steady all through high school. They got married in June after graduation. Greg got a good job as a mechanic at his father's car dealership. Linda enjoyed taking care of their new mobile home. After about a year of marriage, they had a baby girl. They were very happy.

One day, after the baby was born, Greg and Linda had an argument. They argued about the way Linda was keeping house. On the way to work that day, Greg was killed in an accident.

Check the feelings you think Linda might have had when Greg died.

_____ sadness
_____ anger
_____ relief
_____ guilt
_____ self pity
_____ loneliness

What are some problems Linda might have? List them below.

1. _____

2. _____

3. _____

Tell how you think Linda should handle the problems you listed above.

1. _____

2. _____

3. _____

****

KEY IDEAS

MARRIED PEOPLE MAY BECOME SINGLE AGAIN BECAUSE OF A DIVORCE, DEATH OR SEPARATION.

PEOPLE WHO BECOME SINGLE AGAIN MAY FEEL SAD, DEPRESSED, GUILTY, ANGRY OR LONELY.

PEOPLE WHO BECOME SINGLE AGAIN MAY HAVE PROBLEMS ADJUSTING TO CHANGES IN THEIR LIVES.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. People who become single again usually feel rich.

T F 2. One of the major problems people who are single again have to face is making phone calls.

T F 3. Married people may become single again because of death, divorce or separation.

T F 4. People who become single again usually feel guilty.

T F 5. One of the major problems people who are single again have to face is making decisions alone.

T F 6. Married people may become single again because of death, divorce or friendship.

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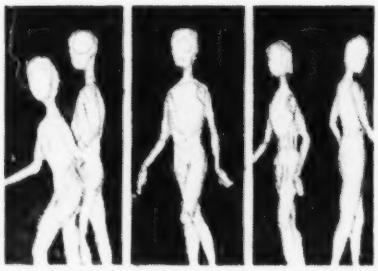

Lesson 3

WHAT LIVING SITUATION CHOICES CAN SINGLE PEOPLE MAKE?

This lesson will help you to:

1. Identify different kinds of living situations for single people.

DO YOU KNOW THESE WORDS?

---

extended family - a family of relatives of different ages living together
living situation - where and with whom you live
roommate - 2 or more people who share a room, home or apartment

---

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

extended family _____

_____

living situation _____

_____

roommate _____

_____

****

HOW CAN SINGLE PEOPLE CHOOSE TO LIVE?

Many people in our society choose to remain single. Some are single again after once being married. Some are single for a short time. Others are single all their lives. If you decide to remain single, there are many living situations from which you can choose. You may live alone, with a friend, with a group, or with your family. You may live in a house, apartment, dormitory or other kind of home.

There have always been a variety of living situations. Some are more popular today than others. As you grow older and change, your living situation also may change. Most people will have several living situations during their lifetime.

WHAT KINDS OF LIVING SITUATIONS ARE THERE FOR SINGLE PEOPLE?

****

ACTIVITY

Think of three single people you know. List them below. Tell what kind of home they live in. Do they live alone or with others?

	Person	Kind of home	Alone or with others
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

****

If you choose to remain single, you might decide to live alone. You might rent or buy a home or apartment. You will pay all your own bills and expenses. You will have to do all the household chores. You will be free to come and go when you want. You will have privacy. You may get tired of being alone so much.

You may share a house or apartment with one or more roommates. They may be persons of your own sex or someone of the other sex. Some people do not approve of people of different sexes living together unless they are married.

You can share expenses and household duties when you live with others. You also have someone to talk to and do things with more often. Some roommates have problems because they have different interests. Their working and sleeping hours are not the same. Some roommates have trouble getting used to each other's habits.

Single people might also choose to live with a group. Examples of this kind of living situation are houses shared by several people, nursing homes and group homes. Many people share expenses and housekeeping chores. You might not have much privacy. People are there to help if you have a problem. Living with a group gives you some independence and limits your responsibilities.

Some single people choose to live in an extended family. This means that family members of different ages live together. For example, a grandparent might live with your family. You might keep living at home after getting a job or finishing school. You might choose to live at home if you cannot afford to live away from home. You may not be ready or you may not want to live away from home. You might have less freedom at home. You might also have fewer responsibilities and expenses.

****

ACTIVITY

What examples of single living situations have you read about or seen on TV? Write the name of a TV show or book that tells about or shows single people in those living situations.

1. Living alone _____

2. Living with roommates of the same sex _____

3. Living with roommates of the other sex _____

4. Living with a group _____

5. Living in an extended family _____

****

KEY IDEAS

SINGLE PEOPLE CAN CHOOSE FROM SEVERAL DIFFERENT LIVING SITUATIONS.

SOME COMMON LIVING SITUATIONS FOR SINGLE PEOPLE ARE:

- LIVING ALONE
- LIVING WITH ONE OR MORE ROOMMATES OF THE SAME SEX
- LIVING WITH ONE OR MORE ROOMMATES OF THE OTHER SEX
- LIVING WITH A GROUP
- LIVING IN AN EXTENDED FAMILY

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. The kind of living situation that gives you the most privacy is living alone.

T F 2. An advantage of living with a group is that you pay all of the housing costs.

T F 3. People who choose to remain single live alone.

T F 4. People who live in an extended family live with relatives of different ages.

T F 5. An advantage of living with a group is that you have lots of privacy.

T F 6. The kind of living situation that gives you the most privacy is living with a roommate.

T F 7. People who choose to remain single choose from many different living situations.

T F 8. People who live in an extended family live with a group of people their own age.

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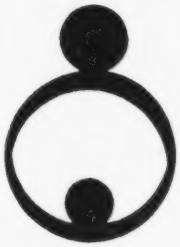
SEE YOUR TEACHER FOR THE UNIT TEST.



Parent Education Workbook for Mainstreamed Students

The fourth module in the Contemporary Parenting Choices Series from the Iowa State University Press, *Parent Education Workbook for Mainstreamed Students*, is designed to present parenthood education information to mentally and/or learning disabled students in high school home economics classes.

It contains 12 units, each in a work/text format that offers lessons and lesson objectives, vocabulary, appropriate reading materials, suggested evaluation items for use with each, and an annotated bibliography of supplementary materials.

They provide instruction in 12 major topic areas: self-awareness, relationships, sexuality, living situations, marriage, the decision to parent, pregnancy, growth and development of children, parenting skills, adolescence, the work world, and child care job skills.

A teachers manual explains the development of each of these major topic areas, details characteristics of mentally and learning disabled students, and provides methods and strategies for working with these students.

Parent Education Workbook for Mainstreamed Students was developed by members of the Iowa State University Department of Home Economics Education under the direction of Jerelyn Schultz and the auspices of the Iowa Department of Public Instruction.

THE DECISION TO PARENT: A TEACHING GUIDE, the first in a series of modules devoted to contemporary parenting, is directed toward teachers and counselors of teenagers to make them aware of the parenting choices available to them and to prevent unwanted pregnancies.

After completing the study outlined in this first module the student should be able to appraise the variety of responsibilities involved in being a parent and utilize the decision-making process in determining if and when to become a parent.

It implements Public Law #94-492 (1976) that requires the teaching of family living, parenting skills, and child development and guidance in vocational home economics programs.

It is edited by Jerelyn Schultz, assisted by Penny Ralston, Barbara Rougvie, and Margaret Jan Kelly, all of the Iowa State University Department of Home Economics Education. (1980. ISBN 0-8138-1595-9. Paper, comb binding.)

SEXUALITY AND THE ADOLESCENT: A TEACHING GUIDE, the second in the series, is designed for use by teachers, counselors, and others who work with adolescents in the area of sexuality education.

It focuses on the effect of adolescent growth and development on teenagers' self-concepts, the influence of interpersonal relationships within and outside the home on sexual attitudes and behavior during adolescence, and the stages of pregnancy and the decisions to be considered in each.

A broad, sensitive approach to sexuality education, this module addresses feelings, values, experiences, relationships, and how the individual views himself or herself as male or female. Additional topics include the traditional sexuality education concepts such as human physiology and birth control.

Editor Jerelyn Schultz was assisted by Penny Ralston, Barbara Rougvie, Margaret Torrie, and Jillian Boyd, all of the Iowa State University Department of Home Economics Education. (1981. ISBN 0-8138-1616-5. Paper, comb binding.)

PARENTING TODAY: A TEACHING GUIDE, the third module in a series on contemporary parenting, is designed to help teachers assist adolescent youth to become more knowledgeable about what is involved in parenting children.

Six major areas where skills are identified and emphasized are: (1) fostering children's maturation through knowledge of child growth and development; (2) providing an environment that encourages growth and development; (3) maintaining effective parent-child communication; (4) guiding the behavior of developing children; (5) showing parental love and affection to children; and (6) managing available human and material resources.

Parenting Today: A Teaching Guide was developed under the direction of Jerelyn Schultz, assisted by Margaret Torrie, Barbara Rougvie, Jillian Boyd, and Maxine Hammonds of the Iowa State University Department of Home Economics Education, with the cooperation of the Iowa State Department of Public Instruction. (1984. ISBN 0-8138-0358-6. Paper, comb binding.)

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